

urogenital organs than to those on the alimentary tract. Nearly 250 pages are devoted to the ductless glands, heart and blood, a large part of which is only indirectly surgical. About one hundred papers are given to orthopedic surgical papers of rare interest. We find also some interesting papers on lung surgery by that authority on the subject, S. Robinson. The wide range of interesting papers from these famous writers fill up another volume which, like its predecessors, command the attention of the profession. T. T. T.

---

**THE EFFECT OF DIET ON ENDURANCE.** By IRVING FISHER, Professor of Political Economy in Yale University. Pp. 55. New Haven, Conn.: Yale University Press.

FOLLOWING the results of Prof. Chittenden's well-known observations on the effect of diet, the conclusions of Prof. Fisher's experiment recorded in this little book are interesting. In other similar work, little attention has been paid to endurance apart from strength.

The present work has to do only with endurance. Under Prof. Fisher's supervision nine students organized themselves into an eating club. The experiment consisted of two main parts, each of which lasted about ten weeks. In the first half were noted the effects upon endurance of thorough mastication combined with implicit obedience to appetite. In the second half the same two rules were followed, and in addition the suggestion was made that when the instinct was in doubt they were to choose low protein foods. The endurance tests were carefully guarded as to error in interpretation. The conclusions are that in an ordinary diet there is too much protein food and that the needed reduction can be almost instinctively accomplished through thorough mastication.

C. N. S.

---

**ABSTRACTS OF WAR SURGERY.** PREPARED BY THE DIVISION OF SURGERY OF THE SURGEON-GENERAL'S OFFICE. Pp. 430. St. Louis: C. V. Mosby Company.

As an emergency war measure much of the excellent surgical work which had developed as a result of French, English and Italian effort had to be appropriated by our medical personnel. The surgeon-general's office arranged abstracts of the important general surgical papers bearing on war surgery, and after having them mimeographed distributed one hundred of them to various surgical instructors in the Army Surgical Schools and to the surgical chiefs of the war hospitals. This limited issue so far failed to meet the demand that

a wider distribution in printed form is represented by this volume. The papers abstracted are of the best quality, show careful selection, and were published in the different years of the war, a few in 1918. The best guarantee of the quality of the work is the fact that it was done in the interest of our own soldiers under government supervision. There is probably very little war surgery of value that has not been gathered in one way or another. For example, there is no abstract of Duval's great work on lung surgery, but his work is well condensed in Moynihan's paper. The abstracts are grouped under the following headings: General topics, under which are abstracts of two good papers on the development of British surgery at the front and in the hospitals along the lines of communication; wound infection and treatment; tetanus; gas gangrene; abdomen; chest; cardiovascular surgery; joints; fractures; burns; anesthesia; trench foot; peripheral nerve injuries; and jaws and face. One could hardly obtain elsewhere a better condensation of the actual surgical experience of this war.

T. T. T.

INFORMATION FOR THE TUBERCULOUS. By F. W. WIRTRICH, A.M., M.D., Instructor in Medicine and Physician in Charge of Tuberculosis Dispensary in the University of Minnesota Medical School; Visiting Physician to University Hospital, Minneapolis.

THE aim of modern medicine seems to be to promote health welfare by intensive educational propaganda. This book is written with that thought evidently in mind. The author has succeeded in writing a very readable treatise that will be appreciated by patients suffering with tuberculosis. The language is untechnical, the chapters are short, and the disease, its symptoms and treatment are admirably described. It is hopeful in its tone and will undoubtedly materially aid the physician attending in his efforts to bring about a cure. The reviewer is convinced that books such as this that give to patients an accurate knowledge of their affliction are very much worth while. Dr. Joslin's recent book on *Diabetes* is along the same line.

C. N. S.

LOCAL AND REGIONAL ANESTHESIA. By CARROLL W. ALLEN, Assistant Professor of Surgery at Tulane University of Louisiana. Second edition. Pp. 662; 260 illustrations. Philadelphia and London: W. B. Saunders Company.

RUDOLPH MATAS, to whom the volume is dedicated, presents an introduction of five pages, which furnishes a very important reason